

# Teaneck Senior Center

Township of  
Teaneck



Winter Season 2021

Designed by:  
Zohna Jones & Andrea Robinson

## Happy New Year & Winter Greetings from the Senior Center Staff!



It's been a challenging 2020, and we are excited to start a new year! The Senior Center misses you all, and we hope that with a vaccine on the horizon for COVID-19, we can all look at this in the rear view mirror and be together again.

We wanted to start this year by introducing a newsletter that will keep you updated on a seasonal basis with what's going on here at the Center as well as sharing creative and fun activities/ recipes. Three things 2020 has taught many of us is that we love to eat, and we all must stay busy! Most important is that we all cherish our loved ones.

We will continue to use the Township Website as our way of communicating any updates: <https://www.teanecknj.gov/senior-programs>

### Professional Services Update

Holy Name Hospital Nurse, Kathleen Powers, R.N.,  
will be on-site Tuesday-Friday from

10:00-2:00pm for Blood Pressure Screenings by

**APPOINTMENT ONLY.**

Please call the Senior Center: 201-837-0171 or  
201-837-7130 to make an appointment.

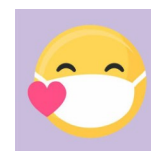
### Inside this issue:

*Recipe Corner* 2

*Get Ready for  
Spring: DIY Project* 2


*Resources* 2

*Words of Wisdom* 2



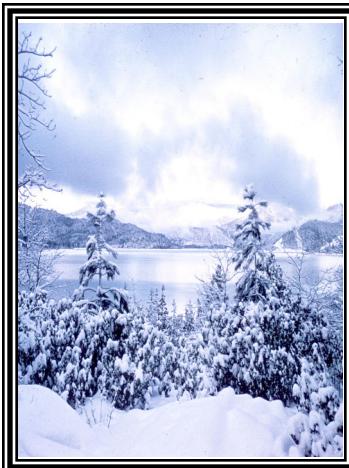
### Health & Wellness

**It's important to check  
your blood pressure on a  
regular basis!**

- Ask your doctor/nurse to help you find a home monitor. 
- High blood pressure is when your top number (systolic) is **above 140** or if your bottom number (diastolic) is **above 90**.
- Exercise, eat a healthy diet, and reduce sodium to live a full and healthy life!

**Nurse Kathy Powers R.N.**

## Recipe Corner: Spinach Artichoke Dip



**Winter Wonderland!**

### Ingredients:

- 2 cups shredded parmesan cheese
- 1– 10oz box of frozen spinach (thawed)
- 14oz can of artichoke hearts, (drained/chopped)
- 2 teaspoons of minced garlic
- 2/3 cup sour cream
- 8oz of softened cream cheese



*Recipe Courtesy of  
Lilluna.com*

### Instructions:

- Preheat oven to 375°
- In a medium bowl, mix together parmesan cheese and artichoke hearts.
- In a separate bowl, mix together sour cream, cream cheese, and garlic. Add to spinach mixture and mix until well combined.
- Pour into an 8x8 pan and bake for 25 min.
- Serve with nachos or toasted bread!

### Words of Wisdom

*“2021 is the first blank page of a 365 page book. Write a good one!”*

**-Brad Paisley**

## Get Your Pots Ready For Spring: DIY Project

This is a fun activity to pass the time and get for Spring! All you need is acrylic paint or spray paints to decorate the terracotta pots. These paints can be found at any craft store including Michaels or even Target.



***Tip: Let first coat of paint completely dry before putting on second coat.***

### Instructions:

- Soak the pot in a tub of warm water for an hour and scrub it with a stiff brush.
- After the pot is dry, apply the paint with a foam brush and apply additional coats until the desired color is achieved.
- Then feel free to get creative!

## Resource Corner

### Corona Connects

This is a great resource for virtual and in-person volunteer opportunities to keep you active and busy during these trying times.

<http://coronaconnects.org/>

### AARP

This is another great resource as AARP is a nonprofit organization whose mission is to empower people to choose how they live as they age.

<https://www.aarp.org/>

